Man-Made Vitreous Fibers (*MMVF*)

Personnel who work with or handle MMVF, or who may be occupationally exposed to MMVF, shall receive this training prior to initial assignment.

This training provides guidance for controlling and minimizing the exposure of personnel to man-made vitreous fibers (MMVF) during use , removal and disposal of materials.

There are three category of MMVF

A-Glass fibers, including glass wool, filamentous
glass and special application
super fine glass.

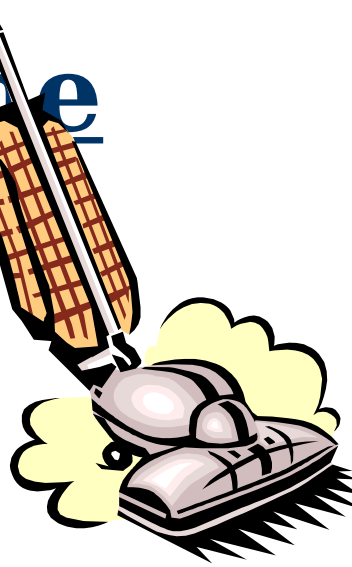
B-Mineral wools, more correctly separated into
rock wool and slag wool.

C-Refractory Ceramic Fibers : (RCF)

Health Effect/Hazard of MMVF

- MMVF fibers can cause scar tissue to form (fibrosis) in the lungs.
- May cause tumors - they have been shown in lab animals but not proven in humans.
- It does not appear to be as harmful as asbestos.

Control of MMVF in the Workplace

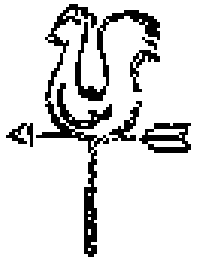


- **Use wet methods whenever possible.**
- **Minimize airborne dusts and fibers through strict adherence to good housekeeping procedure. At a minimum, activities shall vacuum work areas at the end of work shift using a high efficiency particulate air (HEPA) vacuum. Pick up any MMVF scraps that fall to the ground or floor as soon as possible to reduce possible airborne fiber generation as a result of material disturbance.**

Control of MMVF

- **Personnel are not authorized to remove any MMVF without the proper Personnel Protective Equipment (PPE).**
- **Ensure personnel involving in MMVF operations do not eat, drink, smoke, chew tobacco or gum, or apply cosmetics in the work area.**

Ventilation



- **Certain operations may required the use of local exhaust ventilation (LEV) to ensure that airborne levels of MMVF do not exceed the exposure limits.**
- **Work center using power tools for machining MMVF products (i.e., saws, drills and grinders) shall equip them with HEPA-filtered local exhaust to collect dust at the source.**

Personal Protective Equipment 1

- **All personnel working with MMVF materials shall wear goggles or safety glasses with side shield and long sleeved clothing and should wear leather or other impenetrable gloves and disposable (i.e., Tyvec or equivalent) coveralls. If personnel used not disposable coveralls, they shall thoroughly clean them with a HEPA-filtered vacuum before leaving work area.**

Personal Protective Equipment 2

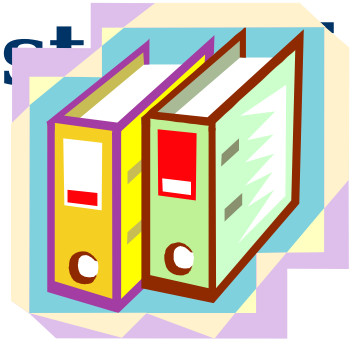
- Personal shall use respiratory protection when the exposure limit is or is reasonably expect to be exceeded. The minimum respiratory protection shall be half-mask with HEPA (P100) filter.

P100 ; Filtering at least 99.97% of 0.3 microns diameter particles.

Disposal of MMVF

- **MMVF waste shall be adequately wetted before placing in heavy duty plastic bags or other suitable impermeable containers for disposal as regular solid waste in an approved sanitary landfill.**
- **Contact disposal personnel to dispose.**

- **Please printout next answering sheet page,**
- **Fax answering sheet to 243-6412 CFAY SAFETY after answering.**
- **Please sign to training roster and keep the roster at least [illegible] years.**



QUIZ

Circle one

Date: _____

Command/Code/Shop: _____

Name: _____

1. What type of plastic bag do you need for dispose of MMVF.
   - General plastic bag.
   - Heavy duty plastic bag.

2. Which respirator is proper for MMVF operation.
   - Dust mask
   - P100 mask

3. Which type of vacuum cleaner require for workplace clean up?
   - Vacuum cleaner with HEPA filter.
   - General vacuum cleaner.

4. Which is MMVF?
   - Asbestos fiber.
   - Fiber glass.

5. Which method can reduce MMVF exposure.
   - Dry method.
   - Wet method.

ROSTER OF NAVOSH TRAINING

Course Title:

Course Date: **Course Length:** **Instructor's Name:**

Description and/or Reference to Lesson Plan:

(PLEASE PRINT) LAST NAME	FIRST NAME	M.I.	SIGNATURE	COMMAND / CODE / SHOP	JOB TITLE
1.					
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PRIVACY ACT STATEMENT

The purpose of this form is to document completion of training. It will be used to give you recognition for completing the training and to accumulate government-wide training statistical information. Effects of Nondisclosure-Personnel Information provided on this form is given on a voluntary basis. Failure to provide this information, may result in no recognition for training.

CFAY 5100/9 (Rev. 4-03)

ROSTER OF